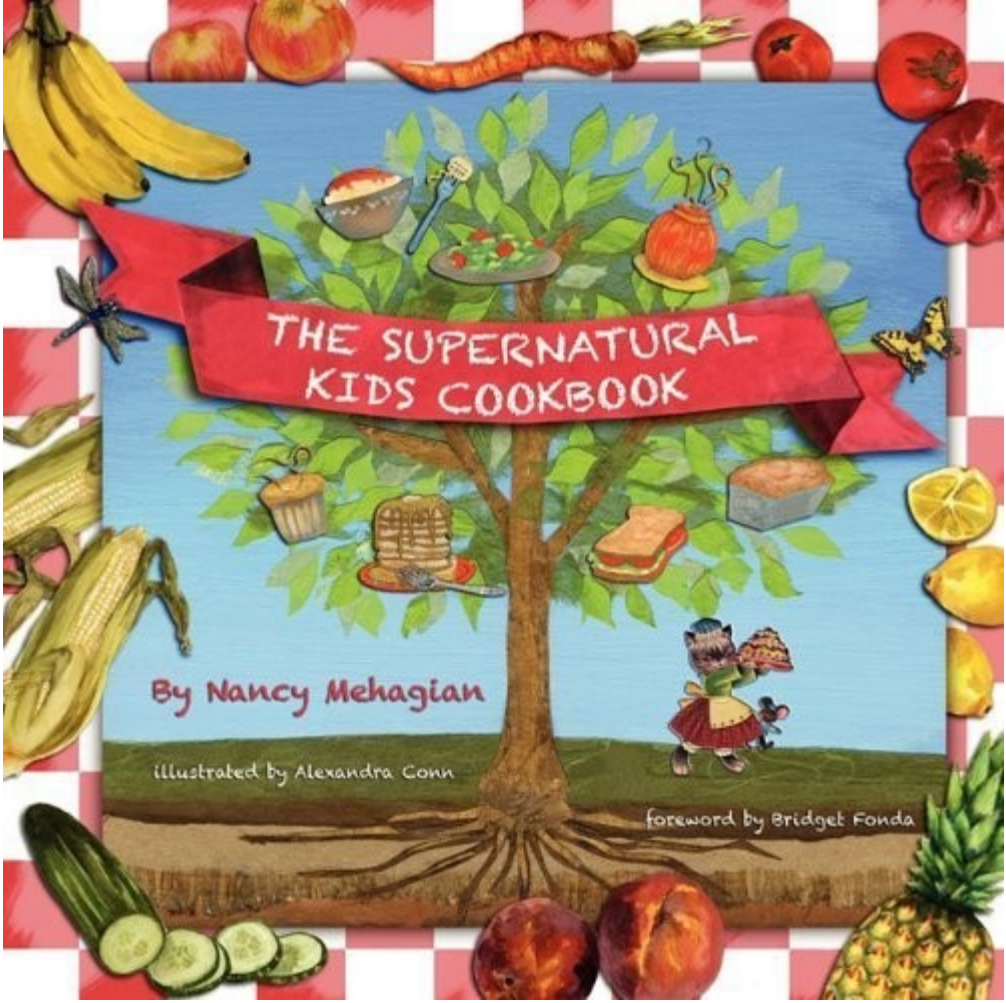

THE SUPERNATURAL KIDS COOKBOOK
By Nancy Mehagian
illustrated by Alexandra Conn
foreword by Bridget Fonda

VISIT...

The Supernatural Kids Cookbook

by Nancy Mehagian

illustrations by Alexandra Conn

OPEN ROAD
INTEGRATED MEDIA
NEW YORK

To Vedra, my number one recipe tester.

CONTENTS

Introduction
Before You Begin…
Cooking Terms
Kitchen Equipment
A Supernatural Way to Eat

THE FOOD GROUPS
Fresh & Dried Fruit
Nuts & Seeds
Vegetables
Whole Grains
Beans
Dairy Products
Eggs, Fish & Poultry

Fruit
How to Dry Fruit
Salsa Surprise
Tomato Avocado Salsa
Super Salsa
Magic Baked Apples

Breakfast
Whole Wheat Pancakes
Swedish Pancakes
Cheese Omelet
Monkey Muffins
Zany Zucchini Bread
Crunchy Honey Granola

Vegetables
How to Steam Vegetables
Sweet Potato Chips
Hippotatoes
Sauteed Brussel Sprouts
Baked Acorn Squash
Cheesy Papas
Curried Sweet Carrots

Soups
Split Pea Soup
Frog Pond Farm Soup
Ruby Soup
Vegetable Barley Soup

SALADS
Nancy's Favorite Salad Dressing
Sweet and Sassy Slaw
Couscous Salad
Mexiquinoa Salad
Greek Salad
Soba Noodle Salad with Peanut Dressing
Jicama Salad
Cucumber and Yogurt Salad

Main Dishes
Yankee Noodle Casserole
Vegetable Pudding
Turkey Meatloaf
Whole Wheat Spaghetti and Tomato Sauce
Veggie Stir Fry with Tofu and Cashews
Baked Chicken Tenders
Sultan's Surprise
Baked Ziti
Vegetarian Chili
Shepherd's Pie
Nancy's Broiled Fish Fillets
Red Beans and Rice

Cakes, Cookies & Desserts
Very Berry Clafouti
Fresh Pineapple Upside Down Cake
Chinese Chews
Grandma's Oatmeal Cookies
Apples Under
Simply the Best Brownies

Snacks
Frozen Pops on a Stick
Cheese Quesadillas
Smoothies
Sandwiches
Sesame Breadsticks
Creamy Veggie Dip
Peanut Honey Balls

Extras
How to Chop an Onion

How to Cut a Pineapple
How to Cook Brown Rice
Gomasio (Sesame Salt)
Blue Cornbread
Peanut Butter and Cheddar Dog Treats

FOREWORD

Nourishing my young son emotionally, intellectually, spiritually and nutritionally is my top priority.

And that type of nourishing is what Nancy Mehagian does every day with her writing, her alternative health care practice and with the cooking she does for friends, family, book clubs and events. She has been teaching and preaching a natural way of eating since the 70s, when her first children's cookbook was published. And I, for one, am glad she has created and assembled this new collection of recipes, just in time for me to share with Oliver the joys of healthy eating and cooking.

For many mothers, introducing a child to foods that are good for them can be a complex process of coaxing, pleading and sometimes even negotiating. That's why Nancy's Supernatural Kids Cookbook is inspired. With great names for recipes (Monkey Muffins), foods bordering on unique (Mexiquinoa Salad) and healthy versions of kid favorites (Whole Wheat Pancakes), she has created an almost effortless introduction to the culinary arts that will not only make cooking an adventure but also a journey for the palate. And unlike many other cookbooks for kids, these recipes are actually foods my entire family can enjoy.

Beyond that, it seems that anytime we have an opportunity to empower our children, we're in fact guiding them toward a healthy path of confidence and self-sufficiency. Giving kids simple tools to feel comfortable in the kitchen and create food that enriches them can't help but spread into other areas of their lives.

While we as parents might enjoy the aura and magic we create for our children in the kitchen, we're better serving them by teaching kids to make the magic themselves. And if Oliver happens to someday want to make breakfast for mama in bed or prepare a sumptuous feast for the family, you won't hear me complaining.

Bridget Fonda

INTRODUCTION

When I was a **kid**, one of my jobs was to help my mom in the kitchen. I wasn't crazy about setting the table, but loved it when she let me chop and dice the ingredients for her party appetizers or when she let me mix up pancake batter and form fun shapes on the griddle. I also loved BAKING COOKIES for my older brother's *friends* and getting compliments afterwards. For me, cooking has always been an adventure.

One of my biggest *adventures* was opening the first vegetarian health food restaurant in Spain on a beautiful island called Ibiza. I have been conjuring up yummy **healthy** foods ever since. I've traveled the world and have never been afraid to sample new foods and cultures. And some of the great **recipes** I found in my travels are here in this book.

I love to experiment in the kitchen, I love having friends and family over for dinner parties and I love to teach kids like you the **MAGIC** of taking a handful of ingredients and turning them into something special and delicious. Cooking can be as fun as texting or playing video games. Honest! You will laugh with your friends as you mash and stir and grate and **blend**, and you will impress everyone with your **CREATIVITY**. I hope you'll discover for yourself the adventures that are waiting for you in the kitchen and that your belly will be doing a happy dance as you feed it with the food you have lovingly prepared. You're on your way to becoming a ***Supernatural Kid*** and Junior Chef.

Nancy Mehagian

A good chef cooks from the heart.

BEFORE YOU BEGIN…

Wash your hands with soap and warm water. (Get off to a clean start!)

Have some kitchen towels handy and wear an ***apron***.

Read each recipe all the way through and make sure you understand all the steps. Sometimes directions are also found in the list of **ingredients**. For example, a recipe may state: egg, slightly beaten. This means you should lightly beat the egg before adding it to the other ingredients. If the recipe calls for a cup of chopped onions and a cup of chopped potatoes, it's best to **chop** these vegetables before you do anything else and have all your ingredients ready at hand before you begin. If something seems confusing, ***ask an adult*** who knows their way around.

An *informed* Supernatural Chef
is a *smart* Supernatural Chef.

Get out all the **equipment** you need before you start to prepare each recipe. And if you learn to clean up as you go along, there won't be a big mess when you're done. Chances are you will be invited back to cook in the kitchen.

If necessary, be sure to preheat the oven.

And the most important thing of all—**SAFETY!** Be careful when using knives. Ask an adult to show you how to properly hold the knife when you are cutting vegetables. Of course, when you are baking or cooking on the stovetop use a potholder or kitchen mitt to avoid burns. Until you get to be an **expert cook**,

it’s better to have an adult supervising you.

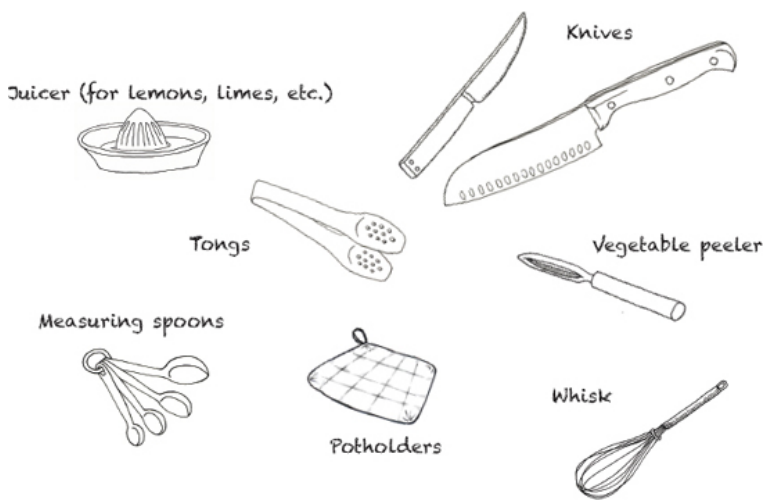
COOKING TERMS (YOU NEED TO KNOW)

Bake	Cook in an oven
Beat	Mix vigorously with a spoon, beater or in an electric mixer
Blend	Combine two or more ingredients thoroughly
Boil	Cook in a liquid so hot that it bubbles and keeps on bubbling
Chop	Cut into pieces with a knife
Cream	Stir until creamy
Dice	Cut into very small squares (about ¼ inch)
Dot	Drop bits of butter here and there over food
Drain	Pour off liquid, often using a strainer
Flour	Dust greased pan with flour until well covered on the bottom and sides
Fold	Combine gently, in an over-and-under motion, until well blended
Grease	Spread bottom and sides of pan with butter, oil or cooking spray
Knead	Work dough with the hands in a punching and pressing motion
Mince	Chop into very tiny pieces

Sauté	To fry quickly in a little fat
Shred	Slice as thin as you can, lengthwise
Sift	Put flour through a sifter to remove lumps and bumps
Simmer	Cook over very low heat
Toss	Mix lightly
Whip	Add air by beating with an eggbeater or electric mixer

KITCHEN EQUIPMENT

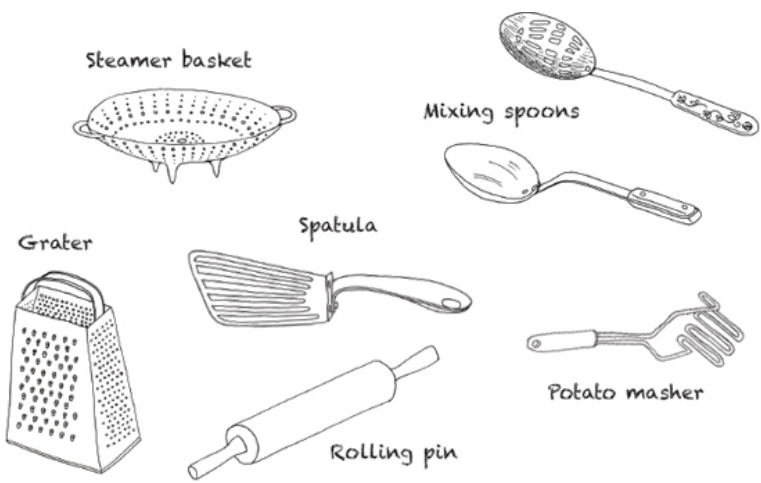
You might not need everything listed here because some items do double duty. If there is an **electric mixer** in your kitchen, then you can do without an **eggbeater**. Sometimes I'll use my electric blender instead of a whisk. If your oven comes with a timer, you won't need one of those either. Not everyone needs a ***SALAD SPINNER*** (used to get the water off the lettuce leaves you've just washed) but I can't live without mine since I eat salad every day. There are lots of fun and fancy cooking items and **gadgets** on the market, but don't get carried away, otherwise you'll have drawers filled with things you rarely use.



Other Kitchen Items:

- Apple corer

- Measuring cups
- Salad spinner
- Garlic press
- Electric mixer
- Mortar and Pestle
- Electric blender
- Strainers
- Baking pans
- Muffin tins
- Timer
- Vegetable brush
- Skillets (my favorite skillet is made from cast iron and I have used it for years)



A SUPERNATURAL WAY TO EAT

What does it mean to be a **Supernatural Kid**? It begins with a real ***awareness*** of the foods you purchase to prepare at home and the menu items you select at a restaurant. A Supernatural Kid eats foods that are **organically** grown, if possible, and prepared in a simple way. These foods have no chemical preservatives or additives like colorings and flavorings. A lot of food sold in supermarkets, especially the stuff on the shelves in the middle of the store, is processed. You can tell when something is processed because the list of **ingredients** on the label will be long and have a lot of words that no one can really understand. By eating organically, you and your parents might have to pay a little more and the **produce** might not look as perfect as what you're used to seeing, but you'll be investing in your own health and the health of our **planet**.

What are natural foods? Take a stroll through a farmers'market and you will see for yourself. Natural means that the food was **grown** without using pesticides that upset the balance of ***NATURE*** and the cows were not given hormones like BST. It's important to eat foods that help us grow and stay as healthy as possible. Choosing foods from the seven Supernatural Kids' basic food groups for our meals and snacks keeps us on the road to being not just natural, but **SUPERNATURAL**. And the only additive we really need is **LOVE**. Because when you add love to your cooking, you'll become a Supernatural cook.

Here are the Supernatural Food Groups:

Fresh & Dried Fruit
Nuts & Seeds
Vegetables
Whole Grains
Beans
Dairy Products
Eggs, Fish & Poultry

BREAD

FRESH & DRIED FRUIT

I never met a fruit I didn't like. If I had to name my absolute, all-time favorite I would have to say apricots. I like them so much that when I moved into my new house the first thing I did was plant an apricot tree. Even though I have to battle the squirrels that try to steal them, I still have enough left over every summer to make jars and jars of apricot jam. Friends tell me that my apricot jam is the best thing they have ever tasted.

Once, on a trip to Bali (an island in Indonesia), I tasted a strange looking fruit called a mangosteen, which doesn't look anything like a mango. That mangosteen tasted so good, I couldn't get enough of them.

Fruit supplies our bodies with important vitamins and minerals as well as fiber. They are perfect in their natural state and also fun to use in recipes. How many fruits can you name?

NUTS & SEEDS

Nuts and seeds are the perfect snack food—full of proteins, vitamins, minerals and fiber and easy to carry on hikes and trips. They can be roasted, salted and flavored all kinds of ways. I mostly like mine in their raw form, which is the healthiest way to eat them. Everyone knows about peanuts, almonds, cashews, walnuts and pecans, but have you ever tried Brazil nuts, hazelnuts, macadamias, pine nuts or pistachios? Is the coconut a nut? I wasn't certain, so I had to do some research. According to Fun Science Facts from the Library of Congress website, a coconut is a fruit, a nut AND a seed. And it has that really tasty coconut milk inside. Mother Nature is so good to us!

Seeds are just as important as nuts and they need to be eaten as fresh as possible. Seeds include pumpkin, sunflower and sesame. When you eat a wide variety of foods, you get a wide variety of nutrients. Did you know that almonds and sesame seeds are high in calcium? Everyone knows we need calcium in our diets to ensure that our bones are strong.

VEGETABLES

I'm willing to bet that at least a few times in your life, someone has said to you: "You need to eat your vegetables!" They were right. Some people think that eating French fries qualifies as eating their vegetables. NOT! I like French fries as much as anyone but I don't eat them very often. For one thing, anything fried isn't that good for me and besides, I love vegetables. And you will too, once you learn how to cook them the right way. Have you ever eaten an artichoke? They are delicious and fun to eat. You can use your fingers to pull off the leaves, dip them in melted butter, mayo, or your favorite sauce and keep going until you get to the heart, which is the best part. I won't even begin to list all the vegetables there are. There are literally thousands of varieties, from basic lettuce, carrots and celery to the more exotic taro, bamboo and sea kale. I feel lucky to live in California, where everything grows so beautifully. One of my favorite shopping trips in the world is going to the local farmers' market, where I can see all those gorgeous colors and pick out the produce I'm going to use for my dinner. When your plate is filled with all the colors of the rainbow you can be sure you are getting Supernatural nutrition. Imagine looking as beautiful as a rainbow!

WHOLE GRAINS

Grains are an important and necessary part of every diet and that is why it's so important to eat them in their whole, natural state instead of after they have been refined. When grains are refined, the best and most nutritious parts, like the bran and germ, are taken away. Whole grains include whole wheat, oats, barley, corn, quinoa, brown and wild rice, buckwheat, millet, rye and spelt. Today the use of albino (white) whole wheat is on the rise and it's getting easier to find. That's a very good thing. So many people are accustomed to eating white bread, it's now possible to use this white whole wheat, which has a milder flavor and is excellent in cakes, cookies and pancakes without sacrificing good nutrition.

Growing up in Arizona, I had the opportunity to visit the Hopi Indian Reservations many times. Corn is sacred to the Hopis and comes in many shades, even blues and pinks. The Hopi Corn Maiden is a symbol of springtime and brings peace and happiness when she appears.

Whole grains, like fruits and vegetables, contain disease-fighting phytochemicals and antioxidants as well as being a great source of fiber. People who eat whole grains on a regular basis have lower levels of cholesterol and a lower risk of obesity. And, whole grains supply our bodies with fuel so that we can be physically active. Best of all, so many delicious foods are made with whole grains, like the pancakes you will find in this book.

BEANS

If people only knew how important beans are to our health, they would probably eat more of them. They are super delicious and there are so many varieties of beans, I still have not tried them all. As a matter of fact there are over 13,000 varieties of beans around the world. Incredible! Can you imagine what a burrito would be like if beans didn't exist? And beans and rice go together like peanut butter and jelly. Beans are especially high in fiber and protein so they give our bodies a special power punch. When you combine beans with whole grains, you have a great substitute for meat. There are red beans, white beans, black beans, kidney beans, striped beans—mountains and hills of beans. They are great in soups, chili, salad and dips. Once you get to know them I'm sure you will love them just as much as I do. And some day you might even call them by their fancier name—legumes (lay-gooms).

DAIRY PRODUCTS

Dairy products include milk, butter, cheese and yogurts and can come from cows, goats and even sheep. Personally, I make an effort to buy the dairy products that are the most natural—the kind that come from animals that have not been given antibiotics and hormones. Dairy products do contain excellent nutrition in the form of fat, protein, vitamins and minerals, although some people who are lactose-intolerant cannot digest them well. Today there are many plant substitutes for milk, such as almond, soy, rice and coconut. I love almond milk and use it on my oatmeal.

EGGS, FISH & POULTRY

Some people are vegetarians, some are vegans and some eat meat. And there are others who eat mostly plant-based foods with the addition of protein from eggs, fish and poultry. Whichever choices people make in regards to what they eat, all diets need to be balanced by eating a variety of foods, to ensure that everyone gets adequate nutrition.

When my daughter Vedra was young, she had a friend named Butch. He was a fussy eater. Butch only liked pizza, hot dogs, French fries, hamburgers and spaghetti. The only vegetable he would eat was peas. One day Vedra went deep-sea fishing with her Granny and won the jackpot for catching the biggest fish—a seven-pound halibut. That halibut had been cleaned and filleted by a worker on the boat and I planned to cook it for dinner. Butch happened to be visiting. I broiled that halibut the way I usually do and urged him to try it. Guess what? Fussy eater Butch decided that he loved halibut. That broiled fish recipe is included in this book, so why not see if you can get your favorite fussy eater to expand their food experience?

HOW TO DRY FRUIT

The most common dried fruits are raisins, dates and prunes. Dried fruits are now so popular you can find dried cranberries, blueberries, pineapple, apricots, peaches, mangos and even papaya. I love dried fruit because it's ***chewy*** and the flavor is intense. You can **experiment** on your own and discover your favorites. Dried fruit is great for snacks, school lunches and is a perfect portable treat for a long car trip.

Preheat oven to **200° F** or lowest setting.

Wash, peel and core hard fruits, such as pears and apples. Remove stones, seeds and pits from soft fruits such as apricots, peaches and nectarines. **Cut** the fruit into thin slices. When dry, fruit will be brown. You can keep fruit from getting really dark by brushing both sides of each slice with **lemon juice**. The brown color is not a sign that the fruit is bad. Some fruits, like apples, take the longest to dry.

Place slices of fruit on a cookie sheet. Don't let slices touch each other. Place the cookie sheet in the oven for about **45 minutes**. When fruit is dry and **LEATHERY** on one side, carefully remove the cookie sheet from the oven (use your mitts) and turn each slice over (tongs come in handy here) and place

back in the oven for another **45 minutes**. Remove from oven and **COOL**.

Let fruit dry completely (about **2 hours**) before storing in a jar or canister with a tight lid.

SALSA SURPRISE

This salsa, made without tomatoes, may not be what you are accustomed to but it is **yummy** and you will love SURPRISING your friends and family with your fruity creation.

1 mango, peeled and diced

½ fresh pineapple, peeled and diced

⅓ cup red onion, finely chopped

2 tablespoons fresh cilantro, chopped

2 tablespoons fresh lime juice

Place all ingredients into a bowl, gently **toss** and serve with cinnamon chips.

You can also use peaches, nectarines and papayas.

TOMATO AVOCADO SALSA

Did you know that a **tomato** is a fruit? It seems like a vegetable because it is used in so many savory dishes, but if it has seeds, it's a fruit. The same goes for avocados—**fruit**. And what a fruit! Did you know that they are sometimes called alligator pears, which is exactly what certain varieties of them look like? I don't know about you, but I love avocados. I practically grew up on chips, salsa and **guacamole** in Arizona. So I consider myself a bit of an expert. Look for chips that are **organic**, baked and have less salt. It's a nice way to stay Supernatural.

2 ripe avocados, chopped

1 cup of chopped cherry tomatoes

2 green onions, sliced

1 tablespoon fresh, chopped cilantro

Juice of 1 lemon

¼ teaspoon salt

1 teaspoon Tamari soy sauce

Toss all ingredients in a bowl and use right away. It will keep in the fridge for a day, but after that the tomatoes get a little ***wonky*** and they aren't quite as good.

Make it a

SUPER SALSA

Follow the recipe for the Tomato Avocado Salsa and add the following ingredients:

1 cup cooked black beans

1 cup cooked corn kernels

½ red bell pepper, chopped

More salt to taste

beans can be canned or freshly prepared

corn can be canned, frozen or cut off the cob

MAGIC BAKED APPLES

For this recipe, I like to use Rome Beauties. I think they make perfect baked apples—big and easy to stuff. You can **experiment** with other varieties and *discover* which apples you like best. If you don't like raisins, you can substitute chopped walnuts or add some **MAGIC** of your own.

Preheat oven to **350° F**

For each apple you will need:

1 tablespoon brown sugar

½ teaspoon butter

Dash of cinnamon

1 tablespoon raisins

Core as many apples as you want to bake. An apple corer is a great kitchen tool for removing the seeds and core. Be ***careful*** not to poke a hole right through the bottom of the apple, since you want to keep all the juices inside.

Spoon brown sugar into each apple, and then DOT with butter and raisins. Sprinkle apples with cinnamon.

Next, place apples in a baking pan and pour about ½ inch of water or apple juice in the pan. Carefully place pan in the oven and **bake** for **45 minutes.**

Serve apples hot or cold, plain or with yogurt or ***whipped cream***. They're great for breakfast, dessert or a snack.

WHOLE WHEAT PANCAKES

In order to make the light, *fluffy* pancakes everyone loves, it will be necessary to use a sifter, which is actually kind of fun. I keep my sifter in a zip lock plastic bag, so I don't have to wash it and it doesn't get anything else flour-dusted in the cupboard. Until you've made them quite a few times, don't get too fancy with the **flipping**. You will **LOVE** these so much you'll want every last one to land in a belly, not on the floor.

1 cup all purpose flour

1 cup whole wheat flour

2 teaspoons cornmeal

½ teaspoon salt

1 tablespoon baking powder

1 teaspoon baking soda

3 eggs

1 teaspoon vanilla extract

2 ¼ cups buttermilk

¼ cup (half-stick) melted butter

Begin by **sifting** all the dry ingredients into a big mixing bowl (the flours, cornmeal, salt, baking powder and baking soda).

Next, **blend** all the other ingredients (eggs, vanilla, buttermilk and melted butter). I use my blender to do this so the wet ingredients come out all fluffy. Slowly *pour* this mixture into the flour mixture and mix well.

Using a pancake griddle or a non-stick skillet, add a little bit of vegetable oil to **GREASE** the griddle or skillet. It doesn't take much. **Heat** the griddle or skillet over a medium flame and pour in your pancake batter. You can make them small (easier to flip), medium or large. Try to keep the them from

running into each other, otherwise they are really hard to flip. When ***bubbles*** start to appear, use a spatula to turn them over. If you are using a non-stick surface, use a plastic spatula.

Stack the pancakes with a pat of butter between each. Pour real maple syrup over them. I am still amazed by how something as delicious as pure maple syrup comes out of trees.

This makes about **12-14 pancakes**

SWEDISH PANCAKES

These pancakes, which are really more like **crepes**, were my favorite when I was a kid and then became my daughter's favorite. She's all grown-up now but she still begs me to make them for her. I think they are great because they can be served with so many different **toppings** or filled with your **favorite** fruits. The extra bonus is that they are high in protein.

1 cup milk

4 eggs

1 cup whole wheat pastry flour

½ teaspoon salt

6 teaspoons butter for cooking

Place the milk, eggs, flour and salt into the blender and **blend** until smooth. Using the blender makes this so easy.

Melt 1 teaspoon of the butter in a non-stick skillet. When hot, pour ½ cup batter into the skillet and swirl around until the entire bottom of the skillet is coated. Using a spatula, **peek** under the pancake and when it starts to turn golden, **flip** the pancake over and cook until the other side is golden. Continue like this until you have made about **6 pancakes**. It's easy peasy.

TOPPING SUGGESTIONS:

Brown sugar with lemon juice
Maple syrup
Your favorite fruit jam
Honey

CHEESE OMELET

What a perfect food to prepare for breakfast, lunch or even dinner. This is one of those basic recipes that everyone really needs to know. It's nice to **surprise** someone on a special day when you want to serve them breakfast in bed—just add some whole wheat toast and fresh fruit and watch them **smile**.

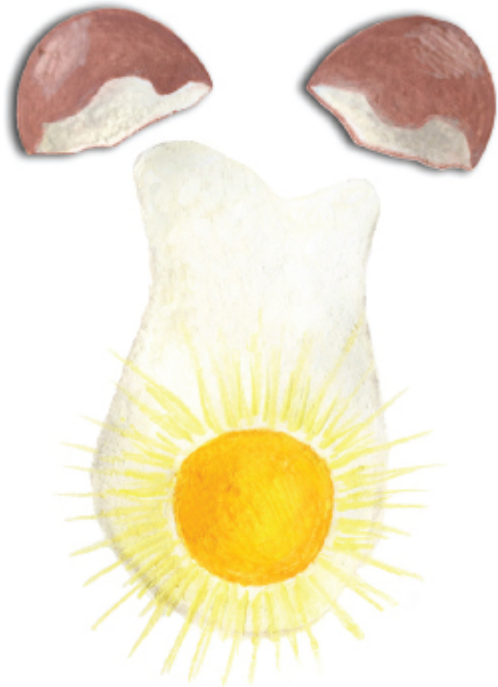
3 eggs

1 tablespoon milk

⅛ teaspoon salt

1 tablespoon butter

⅓ cup grated cheese like Parmesan, Monterey Jack or Cheddar



In a bowl, **whisk** the eggs, milk and salt together.

Next, **melt** the butter in a nonstick medium-sized skillet, swirling it around so the butter coats the bottom and all sides of the pan. Pour the egg mixture into the pan and *swirl* it some more so it goes up on the sides a bit.

As the eggs start to cook, use a rubber spatula to **lift** the sides of the omelet so some of the runny part gets underneath to cook. (Always remember to use rubber spatulas on nonstick pans so they won't get scratched.)

When you don't see any more runny parts, ***sprinkle*** the cheese on one half of the omelet then use your spatula to fold it over so it looks like a taco. It's done!
Wasn't that **easy**?

> And now that you are a master omelet maker, next time you make one you can add little cherry tomatoes, fresh herbs or even slices of avocado. The possibilities are endless.

MONKEY MUFFINS

These banana muffins are the hit of the **JUNGLE**. You will have to use a few bowls in the process of making them, but they are so worth the little bit of extra effort.

Preheat oven to **350° F**

1 cup butter (2 sticks), at room temperature

1 cup raw sugar (also called turbinado)

2 eggs

1 teaspoon vanilla extract

1 cup unbleached all purpose flour

¾ cup whole wheat flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon cinnamon

¼ teaspoon nutmeg

3 very ripe bananas, mashed (use a fork or a potato masher)

½ cup buttermilk

½ cup chopped walnuts

½ cup raisins

Makes about 16 muffins

In a large mixing bowl or the bowl of an electric mixer, ***cream*** together the butter and sugar. Add the eggs and **beat** until well blended. Then stir in the vanilla.

In a separate bowl, **sift** together the flours, baking powder and salt. Add the flour mixture to the butter mixture, a little bit at a time. Next mix in the mashed bananas and buttermilk. Finally stir in the walnuts and raisins. Spoon this mixture into cupcake papers in a muffin tin and **bake** in the oven for **20-25 minutes**, until golden brown on top. Allow them to cool a bit before taking that first bite.

ZANY ZUCCHINI BREAD

This bread is more like **cake**. It's easy to make and really delicious. Around my house it doesn't even last a day. And it's a great way to use zucchini from your **garden**. Did you know the largest zucchini ever recorded weighed in at sixty-five pounds? Talk about a **zany** zucchini!

Preheat oven to **325° F**

2 eggs

½ cup vegetable oil (corn or canola)

1 cup raw sugar

1 cup grated zucchini

1 teaspoon vanilla extract

1 ½ cups whole wheat flour

½ teaspoon salt

¼ teaspoon baking powder

½ teaspoon baking soda

1 teaspoon cinnamon

½ cup chopped walnuts or pecans

Beat eggs in a large mixing bowl. Add oil, sugar, zucchini and vanilla and beat again. Then add all the dry ingredients (flour, salt, baking powder, baking soda, cinnamon and nuts) and mix well with a spoon.

Pour mixture into a ***greased*** loaf pan (cooking spray works well here) and **bake for 50-60 minutes**, or until a knife inserted into the bread comes out clean. Let bread COOL before cutting it or removing it from pan.

CRUNCHY HONEY GRANOLA

Preheat oven to **250° F**

2 ½ cups rolled oats

½ cup dried milk powder

½ cup wheat germ

½ cup shredded coconut (unsweetened)

½ teaspoon salt

½ cup vegetable oil

½ cup honey

1 teaspoon vanilla

MIX the first five ingredients together in a large bowl and then set aside.

In another bowl, mix the oil, honey and vanilla and pour this mixture into the dry ingredients. **Blend** until dry ingredients are well coated.

SPREAD your granola mixture on a large baking tray, place in the oven and bake for one hour. Every **15 minutes**, carefully turn the granola over with a spatula, so that all the grains will bake. When granola is golden brown, remove from oven and allow to cool. When cool, store in a jar or plastic bag. **Eat** granola with raisins and milk or by itself as a snack.

HOW TO STEAM VEGETABLES

Steaming is one of the best ways to cook vegetables. They **taste** better and keep their bright colors. They also retain their **vitamins** and **MINERALS**. It's worth investing in a stainless steel steamer basket. They are fairly inexpensive.

Vegetable steamers are easy to use. You simply pour 1 inch of water into a pan, put your steamer in the pan, place your vegetables in the steamer, cover with a lid and cook over medium heat. Remove the lid right after cooking and serve your vegetables immediately with butter or your favorite sauce. **IMPORTANT:** Don't let the pan boil dry. Cleaning a black pot is not fun. Trust me.

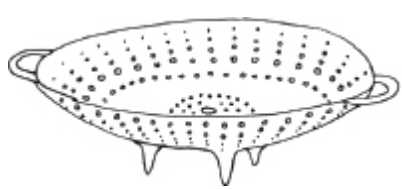
⇨ **TRY THESE VEGETABLES:**

Asparagus: With your hands, break off hard ends of 1 pound of asparagus (they pop off in just the right place) and discard. Wash the stalks well. Place in steamer, cover and steam for about **3-5 minutes** depending on whether you have skinny or thick spears.

BROCCOLI: Remove the large leaves and stem ends of 1 pound of broccoli. Split the broccoli down the center, then split again, so the pieces look like little trees. Or cut in pieces if you want little florets. Steam for **5-7 minutes.**

Cauliflower: Cut off the stem on the bottom and remove all the leaves. Break the cauliflower into florets and place on steamer basket in your pan. Cover and steam for **6 to 10 minutes**.

Spinach: Wash 1 pound of spinach in a sink of water to remove sand and dirt. It's usually very dirty because spinach grows close to the ground. Separate leaves from the stems and throw stems away. Place leaves in basket, cover and steam for **5 minutes**.



SWEET POTATO CHIPS

Did you know that sweet potatoes are one of the most ***nutritious*** vegetables around? They are one of my favorites and I love preparing them this way. In fact, it's hard to stop eating these sweet potato chips.

Preheat oven to **400° F**

4 medium size sweet potatoes

2 tablespoons olive oil

½ teaspoon salt

Cut off the ends of each sweet potato and then peel them. **Slice** carefully into rounds about ¼ inch thick. Place the slices into a bowl and ***pour*** the olive oil over them. Then add the salt. Mix them up with your hands (you remembered to wash your hands before you got started, right?) so all the slices are coated with the oil.

Spread the slices out on a baking sheet and bake for **15-20 minutes** until ***CRISPY***. Use a spatula to remove them from the baking sheet and let them cool a bit before eating.

HIPPOTATOES

Preheat oven to **400° F**

4 good-sized baking potatoes
(I like Russets)

½ cup crumbled soy bacon

1 cup grated cheese

¼ cup milk

2 tablespoons butter

¾ teaspoon salt

¼ teaspoon pepper

SCRUB potatoes well using your vegetable brush. Rub each one with a little bit of olive oil (the oil makes the skin crispy when baked). Prick each potato a few times with a fork. **Bake** potatoes for about **1 hour** or until a knife can go right through it. Remove potatoes from the oven and let them cool until you can handle them without getting burned.

Lower the oven temperature to **350° F**. Slice off the top of each potato and carefully **scoop** out the insides with a spoon. Put the skins aside for the moment.

In a large bowl, mix together the potato insides, soy bacon, cheese, milk, butter, salt and pepper. **Beat** mixture until smooth.

Spoon mixture back into potato skins. Place potatoes on a baking sheet and bake for **30 minutes** more. Serve immediately.

Serves 4

SAUTEED BRUSSEL SPROUTS

There is something so charming about brussel sprouts. They resemble tiny cabbages and grow on a long stalk. Whenever they sell those stalks of brussel sprouts at the **farmers' market**, I can't resist. And they are super **healthy.** While they might seem like more of an adult food, they'll become a favorite of yours when made the Supernatural way.

1 pound brussel sprouts

2 tablespoons olive oil

1 tablespoon butter

1 tablespoon Tamari soy sauce

½ teaspoon salt

¼ teaspoon black pepper

Begin by cutting off the brown ends of the brussel sprouts and peeling off any yellow leaves. Then, using a small knife, carefully slice them so they are all **shredded**.

Melt the butter and olive oil in a heavy skillet and add the shredded brussel sprouts. Keep stirring them until they start to look wilted. This is the only time I am going to tell you that it's okay if they scorch a little because the slightly burned bits of the brussel sprouts are so good.

Stir in the Tamari soy sauce, salt and pepper and you have a wonderful SIDE DISH, especially for a holiday meal.

Serves 4

BAKED ACORN SQUASH

I especially like going to the farmers' markets in the fall, when all the winter squashes are on display. There are so many **varieties**, in all the fall colors of greens, yellows and oranges; it excites me to think of all the various dishes I can make with them. This is one of the easiest and *tastiest* to make and it looks adorable on a dinner plate.

Preheat oven to **375° F**

1 acorn squash (serves 2 people)

2 tablespoons butter

2 tablespoons maple syrup

½ teaspoon cinnamon

½ teaspoon salt

Wash the squash then, most definitely, ask an adult to help you cut it in half. It requires a large, sharp knife. After that, you can ***scoop*** out the seeds with a spoon.

DOT with 1 tablespoon of butter and 1 tablespoon of maple syrup inside each squash half. Sprinkle with a little salt and cinnamon and place the squash on a roasting pan or baking dish. ***Pour*** about a half-inch of water into the pan or dish and place in the oven.

Bake for **45 minutes** or until the squash is tender and you can put a fork through it.

That's it! Yum!

CHEESY PAPAS

This is an old-fashioned potato **side dish** that never goes out of style. It goes perfectly with a nice salad for a light dinner.

Preheat oven to **350° F**

2 large Russet potatoes, peeled and cut into ¼ inch slices

½ cup of grated Gruyere or your favorite cheese

½ cup fresh grated Parmesan cheese

¾ cup milk (regular or low-fat)

1 teaspoon salt

½ teaspoon black pepper

¼ teaspoon paprika

2 ½ tablespoons butter

BUTTER a 1 quart baking dish with 1 teaspoon of the butter, then **layer** the bottom with potatoes, sprinkle with both the cheeses, then another layer of potatoes sprinkled with the cheese and finally another layer of potatoes and cheese.

Pour milk over the potatoes and sprinkle over the salt, pepper and paprika. Finally **DOT** the top with the butter.

Bake for **1 hour** or until brown and **crispy** on top and potatoes are fork-tender.

Serves 4-6

CURRIED SWEET CARROTS

8 medium size carrots

2 tablespoons butter

1 tablespoon mild curry powder

½ teaspoon salt

2 tablespoons light brown sugar

Peel, then ***slice*** the carrots into rounds. **Steam** them using a steamer basket over medium heat about **10 minutes**, or until tender. ***Drain*** them into a colander.

Melt the butter in a saucepan, then stir in the curry powder and salt. Add the light brown sugar and stir until a sauce is formed. **Toss** in the carrots and enjoy.

Serves 4-6

When it rains, we pour. Soup, that is.

SPLIT PEA SOUP

This soup is one that the whole family will enjoy and will WARM everyone up on cold days and nights. A countryside favorite, pea soup was first enjoyed over two thousand years ago on the streets of Athens. Soup might seem like a simple dish, but this recipe takes *sixteen* different ingredients to create the perfect pea soup. It's not complicated, and when you see how all these flavors come together, it's a little Supernatural MAGIC on your stovetop.

2 cups split peas

8 cups water, vegetable broth or chicken broth

1 large bay leaf

1 large onion, chopped

1 carrot, diced

2 stalks celery, chopped

2 cloves garlic, pressed

1 teaspoon thyme

½ teaspoon dried rosemary

1 teaspoon marjoram

½ teaspoon rubbed sage

¼ teaspoon dry mustard

½ teaspoon paprika

2 tablespoons butter

1 teaspoon salt

½ teaspoon black pepper

Combine the first seven ingredients in a large heavy pot and bring to a **boil**. Then lower the heat, cover the pot and simmer for **45 minutes**. Stir soup occasionally and check to make sure the water isn't boiling out.

Finally, add all the herbs, spices, butter and salt and **simmer** for **15 minutes** more. Let soup sit, covered for **10 minutes** before serving.

Serves 6

FROG POND FARM SOUP

One September, I was visiting friends who lived on a **farm** in Upstate New York. We took an ***amazing*** drive through the countryside and came upon a rustic roadside vegetable stand. It was called Frog Pond Farm and with a great name like that I just had to stop. There were bushels of freshly picked vegetables for sale and I bought some butternut squash, fresh ears of corn, onions and potatoes. I dashed back to my friends' home to create this **special** soup, which has been a **favorite** in my family ever since.

2 tablespoons butter

1 large onion, chopped

3 ears of corn, with kernels cut from the cobs

6 cups vegetable or chicken stock

2 medium size potatoes, peeled and diced

1 butternut squash, peeled, seeded and chopped into chunks

1 teaspoon rubbed sage

½ teaspoon ground nutmeg

1 teaspoon salt

Melt the butter in a large stockpot and stir in the onion. **Sauté** the onion until golden. Add the corn kernels and sauté a **few minutes** more. Next, add the potatoes and the butternut squash and then pour in the stock. Stir in the sage, nutmeg and salt. Lower the heat, cover with a lid and **simmer** the soup for 1 hour.

Remove the lid and using a potato masher, **MASH** the potatoes and squash well. This will make the soup a little **CHUNKY** instead of being pureed. I love chunks in my soup…mmmmmmmm.

Serves 4-6

RUBY SOUP

The color and taste of this beet soup will ***delight*** you. It's like something you might find in the **Land of Oz**. It might even make you click your heels as you're cooking.

2 tablespoons butter

1 onion, chopped

1 ½ cups finely shredded cabbage

6 medium size beets, peeled and grated

2 cups fresh or canned diced tomatoes

1 tablespoon red wine vinegar

1 teaspoon raw sugar

5 cups chicken or vegetable broth

1 cup sour cream or plain yogurt

Salt and pepper, to taste

Melt the butter in a large stockpot and **sauté** the onions in it. When the onions are soft, stir in the cabbage and the beets and sauté a little longer. Then add the tomatoes, vinegar, sugar and broth. Lower the heat to simmer, cover and cook for about **30 minutes**. Add salt and pepper.

Serve this soup topped with a **dollop** of sour cream or plain yogurt.

Serves 4-6

VEGETABLE BARLEY SOUP

There is nothing more perfect when the **weather** is cold than a big pot of Vegetable Barley Soup **simmering** on the stove. Barley is one of those grains that we don't eat very often and that's sad because barley has a chewy, nutty flavor and provides excellent protections for our body functions. I call it a **healing** food.

6 cups vegetable or chicken broth

1 onion, chopped

4 medium size carrots, peeled and sliced

3 stalks celery, sliced

1 cup cut green beans

1 cup cubed potatoes

½ cup barley

½ cup parsley, chopped

1 teaspoon dried thyme

1 teaspoon dried basil

2 tablespoons Tamari soy sauce

½ teaspoon garlic powder

¼ teaspoon black pepper

Pour the broth into a big stockpot and bring to a boil. Add all the ingredients, then cover with a lid, lower the heat and **simmer** for **one hour**. As the barley cooks and swells it gives the soup a ***creamy*** consistency.

When I make this soup after Thanksgiving I use ***home-made*** turkey

broth.

Serves 6-8

SALAD DAYS

As far as I'm concerned, every day is Salad Day around my house. I keep a supply of all kinds of **LETTUCE** (Romaine is my favorite), sprouts, carrots, endive, cheeses like feta and Parmesan, nuts, seeds, cherry tomatoes, **beets**, cucumbers, even apples and pears. I never get tired of salad. And for all you budding junior chefs, this is the place you can use your **CREATIVITY** and make a different salad every day. The best part is that when you eat all these raw veggies, you are getting a blast of vitamins, minerals and enzymes. Salad is ***alive!***

NANCY'S FAVORITE SALAD DRESSING:

Place all ingredients in a small jar. Pop on the lid, close it **tightly** and shake it well. Drizzle on your favorite salad.

8 tablespoons olive oil

2 tablespoons rice vinegar

2 teaspoons Tamari soy sauce

Monday

SWEET AND SASSY SLAW

This is an especially DELICIOUS cole slaw and it makes a great side dish.

2 cups shredded red cabbage

2 cups shredded Napa or Savoy cabbage

½ bunch cilantro, washed and chopped (about ¼ cup)

6 sweet Gherkin pickles, chopped fine

Juice of 1 lemon

¼ cup sour cream

¼ cup mayonnaise

Mix all ingredients together in a salad bowl and serve.

Serves 6

Tuesday

COUSCOUS SALAD

Easy, ***delicious*** and healthy. This makes a meal or a great side dish. And you can change it up any way you like by adding grated carrots, shredded purple cabbage or by using different kinds of beans.

1 cup whole wheat couscous

1 cup water

1 tablespoon butter

1 teaspoon salt

1 cup cooked garbanzo beans (chick peas)

4 green onions, sliced

2 tablespoons fresh chopped mint leaves

½ cup currants (look like tiny raisins)

½ cup slivered almonds

1 tablespoon Tamari soy sauce

1 tablespoon olive oil

In a medium-sized saucepan, bring the cup of water, butter and salt to a full **boil**. Stir in the couscous, turn off the heat and let stand for **5 minutes**. **Fluff** with a fork and place the couscous in a salad bowl. Add the other ingredients, give it another good stir and you're ready to eat it.

Serves 4-6

Wednesday

MEXIQUINOA SALAD

Okay, so I made up that word. Quinoa (pronounced “keen-wah”) is an ANCIENT grain that comes from the Andes in South America. The Incas ate it, along with corn and beans. It is gluten-free and has more **protein** than any other grain. It’s truly Supernatural and super delicious. There are so many ways to cook it. Maybe you’ll ***invent*** one of your own recipes after trying this one.

1 cup quinoa

2 cups vegetable or chicken broth

½ teaspoon sea salt

1 cup cooked corn kernels

1 cup cooked black beans

3 green onions, sliced

Small bunch cilantro leaves, chopped

2 tablespoons olive oil

Zest* and juice of 1 lime

½ teaspoon ground cumin

Place 1 cup of quinoa and 2 cups broth (or water) in a saucepan, add sea salt and bring to a full **boil**. Reduce the heat to **simmer**, cover and cook until all the broth or water is absorbed, about **15- 20 minutes**. When done, the grains will look almost clear. **Fluff** with a fork and let stand until cool.

Place the quinoa into a salad bowl, add the corn, black beans, sliced onions, cilantro, olive oil, lime zest and juice, cumin and salt and pepper to taste.

* **Zest** means the finely grated skin of the lime. It is best to grate the lime before juicing it.

Serves 4-6

Thursday

GREEK SALAD

2 cups chopped cherry tomatoes

3 Japanese or Persian cucumbers, peeled and chopped

3 green onions, sliced thin

¼ cup fresh mint leaves, chopped fine

½ cup crumbled feta cheese

¼ cup sliced black olives

Several whole romaine lettuce leaves

Dressing:

2 tablespoons olive oil

2 tablespoons red wine vinegar

Juice of 1 lemon

Salt and pepper to taste

Place all the ingredients into a salad bowl. Add the dressing ingredients and **mix** together. Let stand for a little while so the flavors will blend and then serve on each plate on top of a lettuce leaf. It's pretty and ***delicious***.

Serves 4-6

Friday

SOBA NOODLE SALAD WITH PEANUT DRESSING

8 ounces buckwheat soba noodles

3 green onions, sliced thin

1 medium size carrot, peeled and grated or shredded

¼ cup chopped cilantro

Peanut Dressing:

⅓ cup oil (olive or peanut)

¼ cup rice vinegar

2 tablespoons Tamari soy sauce

½ teaspoon garlic powder

Juice of 1 lime

4 tablespoons natural peanut butter (smooth or chunky)

1 tablespoon honey

1 teaspoon fresh grated ginger root

Add the buckwheat noodles to a pot of boiling water and **simmer** for about **8 minutes**, or until tender. Use your timer so you do not overcook them. **Drain** noodles and rinse them with cold water. Put noodles into a salad bowl and **toss** in the onions, carrots and cilantro.

Place all dressing ingredients into an electric blender and blend until smooth. **Pour** over noodles and vegetables and it's ready to be eaten.

Serves 4-6

Saturday

JICAMA SALAD

The first time people see jicama (pronounced HICK-ah-ma) they're not quite sure what it is. It comes in all **SIZES**, sort of looks like a strange potato and is very popular in Mexico and Central America. If you've never tried jicama, you are in for a ***treat***. It's kind of **sweet** and really ***crunchy*** and tastes great in salad.

1 small jicama, peeled and cut into bite-size chunks

2 carrots, shredded

1 red bell pepper, sliced thin

1 cup shredded purple cabbage

2 tablespoons finely chopped red onion

A few radishes, scrubbed and sliced thin

1 tablespoon chopped cilantro

2 tablespoons olive oil

Juice of 2 limes

1 teaspoon salt

½ teaspoon chili powder

Mix all ingredients together in a salad bowl and serve chilled.

Serves 4

Sunday

CUCUMBER AND YOGURT SALAD

Growing up Armenian, my ***family*** had this salad with dinner often, since my father made his own yogurt. As I traveled around the world, I discovered that many other cultures made the same yogurt salad, with a few variations. I like it best with ***homegrown*** cucumbers, especially the crunchy Japanese and Persian varieties.

3 cups plain low-fat yogurt

1 cup of chopped, peeled cucumbers (½ inch cubes)

1 teaspoon dried mint leaves, crushed

Place all the ingredients into a salad bowl and **blend** together. That's it.

Serves 4

YANKEE NOODLE CASSEROLE

For everyone who loves mac & cheese, this recipe *TASTES* so much better than anything you can prepare from a box. And it is even *cheesier* with the addition of cottage cheese and sour cream.

Preheat oven to **350° F.**

12 oz. wide egg noodles

2 cups cottage cheese (you can use low-fat or non-fat if you prefer)

1 cup sour cream (may also be the light variety)

1 clove garlic, pressed

1 small or ½ medium onion, grated

1 tablespoon Tamari soy sauce

1 cup grated Cheddar cheese

In a large pot of boiling water, with a little salt added, add the noodles and cook until tender, about **10 minutes**.Drain the noodles in a colander and set aside for the moment.

In a large mixing bowl, blend the cottage cheese, sour cream, garlic, onion and soy sauce. Then add the noodles and mix well. Pour this mixture into a greased medium-sized baking dish. *SPRINKLE* with the Cheddar cheese and bake in the oven for **30 minutes**.

This casserole makes a delicious meal when served with a nice salad.

VEGETABLE PUDDING

Vegetable pudding is an excellent way to use leftover *vegetables*. You can experiment and use a combination or a DIFFERENT vegetable every time.

Preheat oven to **350° F.**

4 cups of vegetables—corn, (cut fresh from the cob) broccoli, green beans, carrots, etc. (steamed and chopped)

4 green onions (scallions) chopped (white and green parts)

4 eggs, lightly beaten

½ cup milk

3 tablespoons melted butter

1 cup grated Jack cheese (about ¾ lb.)

⅓ cup breadcrumbs

1 teaspoon salt

½ teaspoon pepper

In a large bowl, combine vegetable, green onions, eggs, milk, butter, ½ cup of the cheese, breadcrumbs, salt and pepper. Mix gently but thoroughly. Grease or spray a heavy medium-sized casserole dish. *Pour* mixture into it and sprinkle remaining cheese on top.

Bake uncovered for **40 minutes** or until center is "set." Cool for **10 minutes** before serving.

Serves 6

TURKEY MEATLOAF

This recipe makes a great family dinner. And if you have any leftovers, it makes a great sandwich the next day. Put a thin slice of cold meat loaf on toast, add lettuce and mayo and pack it in your lunch box.

Preheat oven to **375° F.**

1 ½ lbs. ground turkey

½ grated carrot

½ grated zucchini

½ onion, chopped fine

⅓ cup of your favorite healthy barbecue sauce

⅓ cup whole wheat bread crumbs

1 egg, slightly beaten

½ teaspoon garlic powder

½ teaspoon rubbed sage

½ teaspoon dried thyme

½ teaspoon sea salt

¼ teaspoon black pepper

Put all ingredients in one big bowl and mix well with a spoon or ***SQUISH*** and

smash with your clean hands.

Spray or **grease** a loaf pan, put meat loaf mixture into the pan and smooth it with the back of your spoon. Bake in the oven for **45-50 minutes**. Let stand for **10 minutes** before **SLICING** and serving.

Serves 6

WHOLE WHEAT SPAGHETTI & TOMATO SAUCE

Have you ever met anyone who doesn't love spaghetti? I think it's one of the best things to ever come out of Italy. Would you like to learn how to make your own sauce instead of opening a jar, **impress** your friends and family and savor the ***enjoyment*** of serving a meal that everyone will go gaga over? Read on…

Supernatural Chef's Homemade Tomato Sauce:

4 tablespoons olive oil

1 medium-size onion, chopped

2 cloves garlic, minced

1 35 oz. can Italian peeled tomatoes

1 tablespoon Worcestershire sauce

1 heaping teaspoon dried oregano

1 heaping teaspoon dried basil

1 teaspoon raw sugar

1 teaspoon salt

¼ teaspoon black pepper

Heat the olive oil in a heavy saucepan or stockpot and stir in the onions. Sauté them until they wilt, then add the garlic and cook a few minutes more. Add the canned tomatoes. It might be necessary to break up some of the pieces with your spoon. Stir in the Worcestershire sauce, oregano, basil, sugar,

salt and pepper. Simmer this sauce on the lowest heat for about **20 minutes**.

1 lb. whole wheat spaghetti

In another pot, add 4 quarts of water, a dribble of olive oil and a sprinkling of salt. Bring the water to a full **boil**. Then add the spaghetti and cook for **10-12 minutes**. DRAIN the spaghetti into a colander and be careful while you do this. The pot might be heavy and the water will be **HOT**.

Use tongs to put spaghetti on a platter, cover with the tomato sauce and sprinkle with grated Parmesan or mozzarella cheese. **Mangia!** (That means "eat" in Italian.)

Serves 4-6

VEGGIE STIR FRY WITH TOFU & CASHEWS

Stir-fries came to us from the Far East. They are a great way to eat an array of vegetables all at once. I like my stir-fries to be as colorful as possible. Eating a **rainbow** of colors is the way to ensure that you are getting a wide variety of vitamins and minerals and all the other **nutrients** our bodies need. This stir-fry is fast, **easy** and goes perfectly with brown rice for a complete vegetarian meal, with tofu and cashews adding the *protein*. Get out your chopsticks and dig in!

3 tablespoons olive oil

5 or 6 spring onions, sliced

6-8 mushrooms, sliced

½ red bell pepper, sliced very thin

½ cup shredded purple cabbage

1 cup shredded carrots

2 cups sliced bok choy*

1 tablespoon fresh grated ginger root

12 oz. extra firm tofu

½ cup raw whole cashews

2 tablespoons Tamari soy sauce

Before you begin, remove the tofu from its package and let it drain on a paper towel. Chop the tofu into 1-inch cubes and put them in a bowl so when you

are ready to add them to the stir-fry, they will be ready too.

Pour the olive oil into a heavy skillet and heat it for a minute or two. Then stir in the spring onions and sauté until they look soft. Next add the mushrooms, stir for a minute, then add the red bell pepper, purple cabbage, and shredded carrots and continue *stirring*. The last vegetable to go in is the bok choy. Stir for another minute, add the grated ginger, and then turn off the heat. Add the tofu cubes, the cashews and the Tamari soy sauce. Give it a stir and **serve** it with brown rice for a tasty, nutritious dinner.

*Bok choy is a tasty Chinese vegetable with green leaves and white stalks; for this dish slice the green and white parts.

Serves 4

BAKED CHICKEN TENDERS

Most kids love chicken tenders and chicken nuggets. Everyone knows that. What everyone might not know is that most of them are made from ingredients that don't have much to do with real chickens and they are prepared in a way that has a bad effect on health. Not these chicken nuggets. Once you make them, they'll likely become a **healthy** family favorite.

Preheat the oven to **400° F.**

1 ½ lbs. boneless, skinless chicken breast tenders

1 cup buttermilk

½ teaspoon garlic powder

½ teaspoon paprika

1 tablespoon Tamari soy sauce

2 cups whole wheat bread crumbs

1 teaspoon of your favorite seasoning salt, like Spike

Place the chicken pieces into a bowl or baking dish. **Stir** the garlic powder, paprika and soy sauce into the buttermilk and pour it over the chicken pieces. Cover and place in the refrigerator for at least **an hour**, to *marinate*.

Stir seasoning salt into the breadcrumbs and put them on a platter. Take chicken pieces and **DIP** them into the breadcrumbs until they are completely coated. Put these pieces on a non-stick baking sheet and put in the oven. Set

the timer for **10 minutes**; turn them over and bake for **10 minutes more**, **20 minutes** in all. Serve with your favorite dipping sauce. You can even eat them cold the next day as a snack.

Serves 4-6

SULTAN'S SURPRISE

How's this for a surprise? A Supernatural cookbook with a recipe for one of your favorite foods…pizza! This recipe offers a healthy whole wheat pita bread crust, with fresh tomato and basil to make it especially delicious. And what's a pizza without a gooey cheese topping? It's a quick, easy and satisfying creation that you can top with grilled vegetables if you'd like it to be a little more colorful and robust.

Preheat oven to **375° F**.

4 whole-wheat pita breads

4 medium size tomatoes, sliced

Fresh basil leaves, chopped

Vegetable salt, like Spike

1 pound mozzarella cheese, grated

Place pita breads on a large cookie sheet. Put sliced tomatoes and basil on each piece of bread and SPRINKLE with vegetable salt.

Divide cheese evenly and sprinkle over each pizza. Bake pizzas in the oven for about **15 minute**s or until the cheese is really melted. Serve right away.

Serves 4

BAKED ZITI

All of my Italian **friends** have told me that Baked Ziti was one of their favorite childhood dishes. I know why. And you'll know too after you give this recipe a whirl.

Preheat oven to **450° F**.

8 ounces ziti or other short whole grain pasta

1 cup part-skim ricotta cheese

1 large egg, lightly beaten

¾ cup finely grated Parmesan cheese

1 cup shredded mozzarella cheese

Salt and fresh ground pepper

Tomato sauce (about 3 ½ cups) (page 44)

Bring a large pot of salted water to a boil. Cook pasta until al dente, according to package instructions. Then **drain** and put aside.

In a small bowl, combine ricotta, egg, ¼ cup Parmesan, and half the mozzarella; **season** with salt and pepper.

In the bottom of a shallow 2-quart casserole dish, spread half the tomato sauce. Top with ziti, then ricotta mixture and remaining sauce. Sprinkle with remaining ½ cup Parmesan and remaining mozzarella. Place casserole on a rimmed baking sheet, and **bake** until top is browned and sauce is bubbling, about **20 to 25 minutes**.

VEGETARIAN CHILI

So many people have asked me for my vegetarian chili recipe over the years that I just had to include it in this book. It has a lot of ingredients, but that's what makes it **SPECIAL**. It requires a lot of **chopping** and stirring, but it's still easy to make and it's the perfect thing to serve at a sleepover or party.

2 tablespoons olive oil

2 tablespoons butter

2 medium onions, chopped

4 cloves garlic, minced

3 stalks celery, diced

1 red bell pepper, chopped

3 medium size carrots, diced

1 can (28 oz.) diced tomatoes

1 cup tomato sauce

1 teaspoon ground cumin

1 teaspoon dried oregano

1 tablespoon chili powder

1 tablespoon Worcestershire sauce

1 tablespoon Tamari soy sauce

1 cup corn kernels (fresh, canned or frozen)

1 cup cooked kidney beans (27 oz. can, drained)

1 cup cooked black beans (27 oz. can, drained)

1 cup cooked pinto beans (14 oz. can, drained)

¼ cup chopped fresh cilantro

Salt & black pepper to taste

Toppings:

Sliced green onions, sour cream and/or grated Cheddar cheese

Begin by using a large, heavy-bottomed stockpot. When butter is melted and oil heated, sauté the onions and garlic until softened. **Stir** in celery and continue sautéing. Next add the bell pepper and sauté until peppers are soft. Add the carrots and continue sautéing.

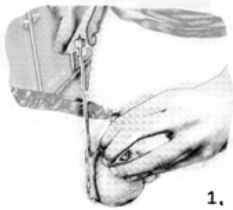
If onions make you cry, you can always wear goggles while chopping.

Next add in the diced tomatoes and tomato sauce. Stir in ground cumin, oregano, chili powder, Worcestershire sauce and Tamari soy sauce. **COVER** with a lid, lower the heat and simmer for **10 minutes**, stirring occasionally.

Finally, add the remaining ingredients (corn and beans) and continue cooking for about **10 minutes**, allowing all ingredients to blend. Stir in the cilantro and add salt and pepper if needed. Vegetarian chili goes great with Blue Cornbread (page 74).

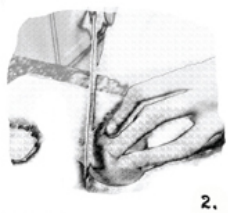
Serves 8 or more

How to chop an onion:



1.

Cut off knobby ends on both sides



2.

3.

Peel off skin

4.

Cut in half with the grain. Mind your fingers!

5.

Lay flat and slice against the grain into semi-circles

6.

Turn onion and slice across again, creating a criss-cross pattern

SHEPHERD'S PIE

This is not a dessert pie; it's a ***savory*** pie perfect for serving the whole family for dinner. Shepherd's Pie has been around a long time and is mostly associated with England, Ireland and Scotland. The ***crust*** is made from mashed potatoes.

Preheat oven to **375° F**.

4 large Russet potatoes, peeled and cut in quarters

3 tablespoons butter

½ cup milk

Salt and pepper to taste

¼ cup olive oil

1 medium onion, chopped

1 cup chopped tomatoes

1 pound ground chicken

2 tablespoons Tamari soy sauce

½ teaspoon garlic powder

1 tablespoon fresh chopped parsley

½ teaspoon rubbed sage

¼ teaspoon fresh (or dried) chopped rosemary

½ teaspoon dried thyme

Salt and pepper to taste

1 cup grated cheese (White Cheddar or Gruyere)

Begin by making the mashed potatoes. Put the potatoes into a pot, cover with water and **boil** them until tender, about **15 minutes**. **Drain** them into a colander, and then return them to the pot and **mash** with the butter and milk until creamy. Add salt and pepper and set aside.

Next, in a skillet, **saute** the onion until softened. Stir in the tomatoes and continue sautéing over medium heat. Add the ground chicken and all the seasonings and cook for a **few minutes** more.

Put the ground chicken mixture into the bottom of a greased casserole dish. ***Spoon*** the mashed potatoes evenly on top and cover generously with the grated cheese. Place in the oven and **bake** for **30 minutes**, until the pie is thoroughly hot and the cheese is melted and slightly browned.

Serves 6-8

NANCY'S BROILED FISH FILLETS

This is such an ***easy*** way to prepare your favorite fish fillets. I like to use this method for salmon, halibut and orange roughy. Don't be afraid to try something **new**. Visit the fresh fish counter at your favorite ***market*** and see what's available in the region where you live. On a conservation note, the Monterey Bay Aquarium has a Seafood Watch program that lets you know which fish is over-farmed and which is **safe** or unsafe for you and your family to eat. You can visit their website at montereybayaquarium.org to get current information and make smart choices.

Preheat oven to Broil (about **500˚ F)***

For every pound of fish, you will need:

Juice of 1 lemon or lime

1 teaspoon olive oil

1 teaspoon Tamari soy sauce

Sprinkling of garlic powder

1 teaspoon fresh grated ginger root

1 teaspoon pure maple syrup

Sprinkling of fresh ground black pepper

1 lb. of fish serves 2

Place fish fillet on a sheet of aluminum foil on broiler tray and turn up the edges of the foil. Pour the lemon juice over the fish, DRIZZLE with the olive oil, Tamari and maple syrup. *Sprinkle* with garlic powder and the grated ginger root and black pepper.

Place under the broiler (be careful it's extremely **hot!**) and broil for about **10 minutes** or until the fish is cooked through. It is not necessary to turn the fish over.

*If you've never used a broiler before, as an adult to **teach** you how.

RED BEANS & RICE

Red beans and rice is a **popular** dish in so many cultures. It is eaten in Africa, all over the Caribbean and is on most menus in one of my favorite cities, New Orleans. You can **SPICE** it up any way you like.

1 cup dried red beans

2 cups brown rice

1 teaspoon sea salt

2 tablespoons butter

SOAK the beans overnight in a pot of water, then cook them slowly over

medium heat until nearly done, about **one and a half hours**. Check them to make sure the water doesn't boil out. **Drain** the beans and set aside.

Prepare the brown rice according to the Supernatural recipe (page 72) but stir in the drained beans before cooking. By the time the rice is cooked, the beans will be *soft* and the rice slightly *pink* in color. Blend in the butter and let stand **10 minutes** before serving.

Serves 4-6

VERY BERRY CLAFOUTI

Clafouti (pronounced like claw-foodie) is a **French** dessert usually made with cherries, but it is so easy and so tasty I make it often with whatever fresh fruit strikes my fancy or happens to be in *season*, like plums. And it's a pretty easy recipe for such a *fancy* dessert. You'll feel like a Parisian chef when you serve this to your family and friends. Ooh la la!

You will need an ovenproof cast iron or stainless steel skillet. I think any good **cook** should have a 10-inch cast iron skillet in their kitchen. They don't cost much and they last forever.

Preheat oven to **400° F**.

2 tablespoons butter

1 cup mixed berries

½ cup whole wheat flour

½ cup raw sugar

¼ teaspoon cinnamon

¼ teaspoon salt

4 eggs

1 cup milk

1 teaspoon vanilla extract

First melt butter in the skillet and make sure all the surfaces are buttered. Then **spread** the berries evenly over the bottom.

Next mix the dry ingredients (flour, sugar, cinnamon and salt) in a mixing bowl. In another bowl or even the electric blender, **beat** together the eggs, milk and vanilla extract. Slowly blend the egg and milk mixture into the dry mixture, a bit at a time. Mix well until you have a *smooth* batter (no lumps!). Pour this batter over the fruit in the skillet and place in the oven.

Bake for about **20 minutes**. When done the edges will look puffed up and golden brown. You can serve this warm from the oven with vanilla ice cream or a little bit of *whipped cream*.

FRESH PINEAPPLE UPSIDE DOWN CAKE

This has to be one of my **favorite** desserts. It's especially wonderful made with fresh pineapple, though you can also use canned, unsweetened pineapple rings in a pinch. Whenever I go to Hawaii, I look for the *organic*, white pineapple that is grown in volcanic soil. They are so **SWEET**, so fresh and so delicious I eat a whole pineapple by myself. Really!

Preheat oven to **350° F.**

4 tablespoons butter (¼ cup)

¾ cup packed dark brown sugar 2 cups fresh sliced pineapple, about 1 whole medium size pineapple

Batter:

1 ½ cups white whole wheat flour or unbleached all purpose flour

1 teaspoon baking powder

¼ teaspoon salt

½ cup butter, softened

1 cup raw sugar

1 teaspoon vanilla extract

2 eggs

½ cup milk

Melt the butter in your 10-inch cast iron skillet. (I told you it was my favorite piece of kitchen equipment). Stir in the brown sugar and continue ***stirring*** over a medium heat until the mixture looks like caramel sauce. Remove from the heat and allow to **COOL**.

When cool, lay the pineapple slices ***neatly*** on top of the butter/brown sugar mixture and set aside for the moment.

Sift flour, baking powder and salt into a bowl. Set aside. Using your electric mixer, *cream* the softened butter and raw sugar together. Add the vanilla and

blend again. You might have to stop the mixer a few times and use your rubber spatula to scrape down the sides of the bowl to make sure everything is well blended in. Then add the eggs, one at a time and blend again.

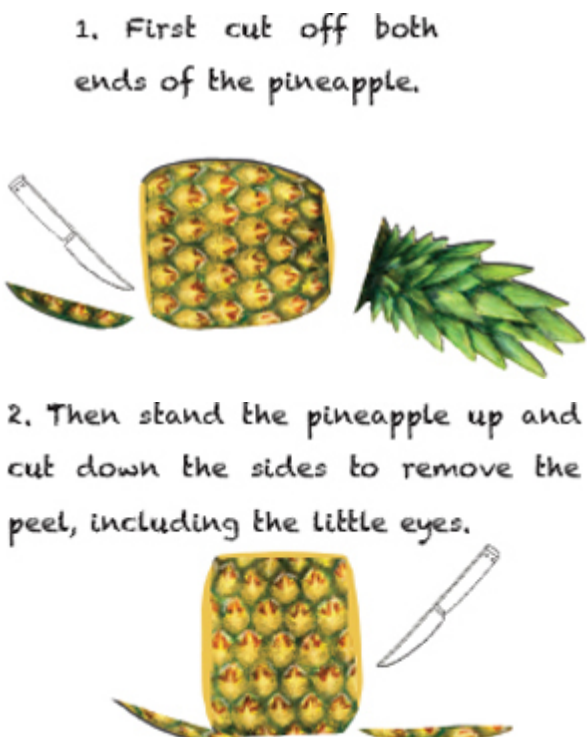
Next add half of the flour mixture. **Blend** and ***scrape***. Then add half of the milk and blend and scrape again. Then add the rest of the flour. Blend and scrape. Finally add the remainder of the milk and blend and scrape.

SPOON this beautiful, fluffy batter over the pineapple and bake in the oven for **45-50 minutes** or until the top is golden and when you insert a toothpick into it, the toothpick comes out clean.

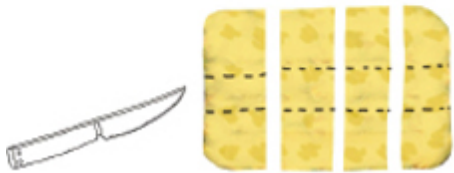
Allow the cake to **COOL** and now comes the really fun part. Run a knife around the edge of the skillet. Then you turn the skillet upside down and onto a platter. This does take some **practice**. It might be a good idea to have an adult help you the first time. When you see how beautiful this cake looks and then taste it, you will be super ***proud*** of yourself.

Serves 8

How to cut a pineapple:



3. Next cut the pineapple into quarters and cut out the hard core.



4. Slice the pineapple into 1/4 inch slices.

CHINESE CHEWS

This recipe was **POPULAR** when I was a kid. Everyone liked them and I baked this *sweet treat* often. I don't know why they are called "Chinese Chews" because there is nothing Chinese about them. No one really seems to know. I guess it will always remain a **mystery**.

Preheat oven to **350° F**.

1 ½ cups whole-wheat flour

1 cup raw sugar

2 teaspoons baking powder

½ teaspoon salt

4 eggs, beaten

1 teaspoon vanilla extract

2 cups chopped pitted dates

2 cups chopped walnuts

In a mixing bowl or in the bowl of your electric mixer, stir the flour, sugar, baking powder and salt together. Next add the *beaten* eggs and vanilla. Finally stir in the dates and the nuts.

Spread the mixture out in a greased or sprayed baking pan (about 14 Inches x 9 inches x 3 inches). Put in the oven and **bake** for 20-25 minutes. Allow to cool, then cut into bars.

1. Vanilla Plantifolia - flower

2. drawing of the vanilla bean from the florentine codex c. 1580

GRANDMA'S OATMEAL COOKIES

I experimented for years trying to make the perfect oatmeal cookie—***chewy*** and *crunchy*, finger-licking, lip-smacking good. One that's good for you too. Well, here it is. Now all you have to do is follow this recipe and **TASTE** them for yourself.

Preheat oven to **350° F**.

1 cup (2 sticks) butter, softened

1 cup brown sugar, packed

¾ cup raw sugar

2 tablespoons molasses

2 ½ cups whole wheat flour

1 teaspoon salt

2 teaspoons baking soda

1 teaspoon cinnamon

2 eggs, beaten

1 teaspoon vanilla

2 cups rolled oats (not the instant kind)

¾ cup chopped pecans

¾ cup raisins, chocolate chips

dried cranberries or dried blueberries (optional)

In a big mixing bowl or electric mixer, *cream* the butter and sugars together until smooth. Then blend in the molasses. In another bowl, combine the flour, salt, baking soda and cinnamon. Add this dry mixture to the creamed mixture a bit at a time.

Next stir in the beaten eggs and vanilla. When well blended, add the oats, then the nuts and if you like, the raisins, chips or other dried fruit. This dough will be stiff. DROP cookie mixture in rounded teaspoonfuls on ungreased cookie sheets (about half the size of a golf ball).

Bake in the oven for **10 to 12 minutes**. They will be a light golden color when done. Leave the cookies on the baking sheet for at least **5 minutes** before removing them onto a plate to **COOL**.

Makes about **3 dozen** cookies

APPLES UNDER

This fruit crumble has to be one of my favorite DESSERTS. You can fancy it up with whipped cream or your favorite ice cream or just eat it on its own like I do. And it's so ***easy*** to make.

Preheat oven to **375° F**.

5-6 cooking apples (like Granny Smith), peeled, cored and sliced

2 tablespoons raw sugar

½ teaspoon cinnamon

¼ teaspoon nutmeg

Juice of 1 lemon

Crumb Topping:

1 cup rolled oats

½ cup whole wheat flour

1 cup brown sugar

½ teaspoon salt

½ cup (1 stick) cold butter, cut in small pieces

It's easier to peel the apples if you leave them whole. Then you have something to hold on to. When peeled, CUT the apples into quarters, cut out the core and **slice** them. Place apple slices into a bowl, add the sugar, cinnamon, nutmeg and lemon juice and mix around with your clean hands. Butter a 2-quart baking dish and layer the apples in it.

In another bowl mix the oats, whole wheat flour, brown sugar and salt. Then add the butter in small pieces. This is especially fun to mix with your hands, making sure the butter is well blended into the oat mixture. The mixture is supposed to look *crumbly*. Place the crumble mixture over the apples and bake in the oven for **50-60 minutes**, until the fruit is *bubbling* and the top is golden brown.

Serves 6

SIMPLY THE BEST BROWNIES

For all the chocolate lovers in the world, and there are many of us, this is a **simple**, wonderful recipe guaranteed to **delight** everyone.

Preheat oven to **325° F.**

½ cup butter

2 ounces unsweetened baking chocolate

1 cup raw sugar

2 eggs, beaten

1 teaspoon vanilla extract

1 cup chopped walnuts (optional)

¼ cup whole wheat pastry flour or white whole wheat flour

Melt the butter and chocolate together in a saucepan over low heat, stirring constantly with a wooden spoon. When melted, remove the saucepan from the heat and stir in the sugar. Next add the eggs and vanilla and stir until *smooth*. If you are using nuts, add them now. Stir in the flour and blend well. This batter will be thick.

GREASE an 8 inch by 8 inch baking pan with butter. Line the pan with parchment paper, then grease the paper. Pour the batter into the baking pan and spread evenly. Bake for **40-45 minutes**, or until a toothpick inserted into the center comes out clean. Let the brownies cool a bit before cutting and

serving. Double **YUM!**

FROZEN POPS ON A STICK

In England they're called "ice lollies." I love that name. It's important to drink lots of liquids and since popsicles are really frozen liquids, they're a fun way to hydrate. All kinds of fruit juices make great pops and *mixing* different kinds together creates new tastes and colors. You can freeze pops in paper cups or in popsicle molds.

Try these *combinations* and look for juices that don't have added sugar or high fructose corn syrup. Remember, it's important to always read labels.

Apple and grape

Orange and grape

Pineapple and orange

Papaya and pineapple

Guava and passion fruit

You can also make great pops out of yogurt. It makes *creamy* pops—a little more filling too. You can use **flavored** yogurt or mix plain yogurt with fruit juice.

Here are two of my favorite combinations:

1 cup plain yogurt

½ cup grape juice

1 cup plain yogurt

½ cup pineapple juice

¼ cup papaya juice

For fun, try adding small pieces of banana, grapes or strawberries to your yogurt pops. Simply mix juices and/or yogurt well and pour into cups. Since liquids **expand** as they freeze, never fill cups or molds all the way. Leave some room at the top. If you are using paper cups, put a small piece of plastic wrap **TIGHTLY** over the top of the cup, make a slit in the middle and place the popsicle stick into it. That keeps the stick in the middle when they are done. Freeze for about **2-3 hours**. *Waiting* is the only hard part about making popsicles.

CHEESE QUESADILLAS

Most quesadillas are made with flour tortillas, but I love them more when they are made with corn tortillas. Quesadillas, with your favorite salsa, are the perfect after school **snack**, when you come home **hungry** and just can't wait for dinner.

For each quesadilla you will need:

1 teaspoon olive oil

2 corn tortillas

¼ cup grated Monterey Jack or Cheddar cheese

Heat the oil in a medium size non-stick skillet over medium heat. Place one tortilla in the skillet, sprinkle with the cheese and top with another tortilla. *Press* down with your spatula to smash the quesadilla a bit. Cook about **2 minutes** on each side, until the cheese melts and the tortillas are **CRISP** and light golden. Transfer to a cutting board and cut the quesadilla into *quarters*.

SMOOTHIES

Smoothies are so **easy** to make you almost don't need a recipe. But without a basic guideline you might have too much or too little, make it too runny or too thick. So I'm going to start you off by giving you some of my personal favorites. Try them…then **invent** your own. These delicious drinks pack a lot of nutrition and they can be made as a snack or even as a whole meal in a glass. Sometimes I take mine to go when I'm in a hurry.

To make any of the smoothie recipes that follow, simply place the ingredients into the jar of a blender, put on the lid and blend at medium-high speed until smooth. Remember, **NEVER** stick anything into the blender (like a spoon) when it's on. Turn it off and then you can mix it around if it's a little thick. I like to use frozen unsweetened fruit since it makes the smoothies colder and more like a milk shake. All smoothie recipes serve two.

For frozen bananas, *peel* first and wrap tightly in plastic wrap before freezing.

Nutty Yogurt Smoothie

1 cup apple juice

1 cup vanilla yogurt

1 banana (fresh or frozen)

1 tablespoon smooth peanut butter

Sprinkling of cinnamon

Almond Ambrosia

2 cups almond milk

1 frozen banana

4 frozen strawberries

A few chunks of frozen pineapple

Tropical Smoothie

1 ½ cups pineapple juice

1 frozen banana

A chunk of frozen papaya

½ cup coconut juice

Berries and Cream

1 cup milk

1 cup natural vanilla ice cream

1 cup frozen mixed berries
(strawberries, raspberries and blueberries)

SANDWICHES

Here is a selection of tasty sandwiches for you to try—one for every day of the week. By now you know that when a recipe calls for bread, that means the real whole-wheat or *whole grain* kind, not the airy cotton-puff variety. Read the bread label and make sure there are no chemicals and preservatives added.

MONDAY

Two slices of whole grain or whole wheat bread

Cream cheese (enough for a light layer)

A few chopped dates

A few chopped walnuts

Crunchy Cheese

Spread softened cream cheese on bread and top with chopped dates and walnuts.

TUESDAY

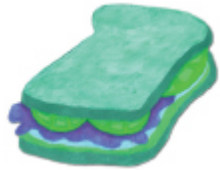
Two slices of whole grain or whole wheat bread

Avocado slices

Cheese slices

Alfalfa sprouts or lettuce

Mayonnaise



HAPPY HIPPIE

What makes this sandwich a little special is that you make it with toasted bread. Tasty!

WEDNESDAY

Two slices of your favorite healthy bread

1 hard-boiled egg, chopped

1 tablespoon finely chopped celery

1 teaspoon sweet pickle relish

1 tablespoon mayonnaise

Salt & pepper to taste

EASY EGG SALAD

One of my all time-favorites. Mix all ingredients together and spread on bread.

THURSDAY

Two slices of whole grain bread

Peanut butter (smooth or crunchy)

Honey (about one teaspoon)

Banana slices (½ banana)

NUTTY HONEYANA

Spread the peanut butter, drizzle honey over it and lay on the banana slices. Apple slices are wonderful too.

FRIDAY

Two slices of dark bread (like pumpernickel)

Cream cheese

Lots of chopped black olives

ZEBRA DELIGHT

You can get creative with your placement of the black olives on the layer of cream cheese. Make a happy face or the first letter of your name in an olive circle.

SATURDAY

Two slices of your favorite whole grain bread

A few slices of your favorite cheese

(try Cheddar or Monterey Jack)

Softened butter

GOOEY CHEESE

Place the cheese between the two slices of bread, spread some butter on the outside. Cook on both sides in a medium hot skillet until brown. Now you have a nice, melty, cheesy sandwich.

SUNDAY

Two slices of your favorite bread

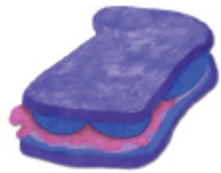
A few thin slices of nitrate-free sliced turkey

Slice of Swiss cheese

Some mayo or mustard

Lettuce or alfalfa sprouts

Tomato slice



DELI-CIOUS TURKEY

Put it together …. and eat it up.

SESAME BREADSTICKS

Did you know that sesame seeds pop from their hull as soon as they are **ripe**, magically scattering in all directions? Maybe that is why "Open Sesame" is the secret password to open the doors to hidden **treasures**. You will have fun making Sesame Breadsticks. You could even try to make them in the shape of a key.

1 packet (1 tablespoon) dry yeast

1 teaspoon raw sugar

3 cups whole wheat flour

1 tablespoon sea salt

1 cup water

2 tablespoons olive oil

1 egg, beaten

1 tablespoon sesame seeds

First, *dissolve* yeast in ¼ cup warm water, then stir in 1 teaspoon raw sugar. Let stand for **10 minutes**. The mixture should **double** in size.

In a large mixing bowl, blend the flour and salt. Add the yeast mixture, 1 cup of water and the olive oil. First mix well with a spoon, then use your clean hands to form the dough. Set the timer and knead the dough for **5 minutes**. Kneading means bashing and smashing the dough around. Form the dough into a ball, place in the bowl, cover with a cloth and let it **rise** for **1 hour** in a warm place (about **90° F**).

Preheat oven to **400° F**.

While the oven is heating, take your ball of dough and start pinching off pieces until you form **12 balls**, each one about the size of a golf ball.

Using both your hands, **ROLL** each ball into a tube shape about 10 inches long. Place these on an oiled baking sheet. Using a pastry brush, carefully brush the top of the breadsticks with the beaten egg. Next sprinkle each one with sesame seeds.

Place them in the oven and bake for **12-15 minutes**, or until the breadsticks are a nice *golden* brown.

CREAMY VEGGIE DIP

This dip doubles as a SAUCE for steamed veggies too. It's so good you will end up eating **lots** of carrot and celery sticks, just so you can keep dipping. Once the cream cheese is softened, it only takes about two minutes to make.

4 ounces of softened cream cheese
(low-fat works great)

Juice of one lemon

2 tablespoons of Tamari soy sauce
(low-sodium variety is perfect)

Leave the cream cheese out of the refrigerator to **soften** it. When soft, put in a mixing bowl and *cream* until smooth. Stir in the lemon juice and the tamari and blend until creamy. Start **dipping**.

PEANUT HONEY BALLS

This treat is great for snacking, high in **protein**, fun to make and mighty ***tasty***.

1 cup thick honey

1 cup peanut butter (smooth or crunchy)

2 cups powdered milk

1 cup peanuts, finely chopped (they can be roasted and salted or unsalted)

Pour the honey into a mixing bowl and gradually blend in the peanut butter. Mix in the dry milk powder. (It's probably best to mix with a fork.)

Form the mixture into small balls with your clean hands. Then ***ROLL*** each ball in the chopped peanuts and place on waxed paper on a cookie sheet. Chill in the refrigerator until they are firm and ready to munch on.

HOW TO COOK BROWN RICE

This might be one of the most important things you'll learn in cooking—making **perfect** rice. Brown rice is especially ***TASTY***—nutty, a little bit chewy and full of the fiber and vitamins missing in white rice.

1 tablespoon olive oil

1 cup brown rice

1 teaspoon sea salt

2 cups water

Pour oil into a heavy saucepan. Lightly FRY the rice over medium heat, stirring constantly, until each grain is coated with oil and is slightly golden in color. This will prevent the grains from sticking together. Add salt and water and bring to a full **boil**. Cover the pan with a tight-fitting lid and change to the lowest heat. Then **simmer** the rice until all the water has been absorbed.

Do not remove the cover while the rice is cooking. Instead, set your timer for **45 minutes**. When done, remove the pan from the heat and let it stand for about **10 minutes**. Toss the rice lightly with a fork to fluff it up before serving.

GOMASIO (SESAME SALT)

Gomasio is a *condiment*, something that is used to add more **flavor** to a dish. Gomasio is really sesame salt and comes from Japan. It goes especially well on grains and stir-fries.

You will need:

A heavy skillet (cast iron works great)

Unhulled sesame seeds

Sea salt

Use five parts sesame seeds to one part sea salt. This is where your math skills come in *handy*. Actually, this just means that for every 5 tablespoons of sesame seeds, you use 1 tablespoon of sea salt.

Toast the sesame seeds in a dry (ungreased) skillet, ***STIRRING*** constantly with a wooden spoon until they're golden in color. Do this over medium heat and watch them closely so they don't burn. Sometimes they even **POP!** Sprinkle the seeds with sea salt and either pound them in a mortar with pestle until very fine or grind them at medium speed in an electric blender for a few seconds.

Store the sesame salt in a tightly closed jar in the refrigerator and use as a **seasoning** salt on grains, vegetables and salads.

BLUE CORN BREAD

Using a heated dish to bake this cornbread is the secret to a nice crusty bottom.

Preheat oven to **400° F.**

1 cup blue corn meal

1 cup whole wheat flour

1 tablespoon baking powder

1 teaspoon salt

¼ teaspoon nutmeg

1 cup milk or buttermilk

2 eggs

½ cup vegetable oil

¼ cup honey

1 tablespoon soft butter

Mix the first five (dry) ingredients in a large bowl. Using a blender or mixer, mix all liquids (milk, eggs, oil and honey) and add liquid mixture to the dry mixture. Stir until all ingredients are MOISTENED. Don't over mix the batter.

Use 1 tablespoon of butter to **GREASE** an 8-inch baking dish. Place empty dish in preheated oven. When the pan is hot (about **10 minutes**), *carefully* remove it from the oven and quickly pour in the batter, then return dish to oven.

Bake for **20-25 minutes**, until cornbread is nicely BROWNED and a toothpick inserted in the center comes out clean.

Hoping for a good harvest.

Serves 6

PEANUT BUTTER & CHEDDAR DOG TREATS

I live with three dogs - Cisco, Buddha and Ringo. I wanted to create something special and healthy for them because they like snacks just as much as we do. These treats are fun to make. And shouldn't a Supernatural Kid have a Supernatural Dog? Supernatural pets love to eat well too!

Preheat oven to **300° F.**

1 cup milk (use low-fat if your pooch is a little on the chubby side)

½ cup natural peanut butter (the smooth, not crunchy kind)

1 egg

½ cup wheat germ

½ cup oat bran

1 cup grated Cheddar cheese

2 ¼ cups whole wheat flour

Pour milk and peanut butter into the bowl of your electric mixer and blend. Next add the egg and continue blending. Add the wheat germ, oat bran and

Cheddar cheese. When mixed well, slowly add the flour until it forms a **dough**.

Roll the dough into a ball and place it on a lightly floured surface. Using your rolling pin, ROLL out the dough until you have a circle, about ¼ **inch thick**. Use your favorite cookie cutter to cut into SHAPES. (Mine are heart-shaped because I love my dogs very, very much.) There will be dough left when after you cut the shapes, so put the dough back together and roll out again, until you have used all the dough.

Place the biscuits on a greased baking sheet and **bake** for **30-40 minutes** until they are lightly browned on top. These biscuits should be ***CRUNCHY***. Allow to cool, and then store them in the refrigerator in an airtight container.

ACKNOWLEDGMENTS

My heartfelt gratitude goes first and foremost to Judy Proffer, who encouraged me to update my original Supernatural Cookbook and who continues to inspire and delight me every time I'm in her golden presence. No one could have a better co-conspirator or friend.

Special props go to my talented goddaughter Alexandra Conn, for her artistic contributions and for the joy she has brought to my life since the day she was born.

Also a special shout-out to my original posse of Supernatural junior chefs—Malie Miller, Anya and Kai Andrews and Arum Butler-Sloss. To all the friends who passed through my kitchen and taste-tested the recipes—you know who you are. Without all of you, life would be so dull.

All rights reserved, including without limitation the right to reproduce this ebook or any portion thereof in any form or by any means, whether electronic or mechanical, now known or hereinafter invented, without the express written permission of the publisher.

Copyright © 2011 by Nancy Mehagian

Cover and illustrations by Alexandra Conn

ISBN 978-1-4532-1851-8

This edition published in 2014 by Open Road Integrated Media, Inc.

345 Hudson Street

New York, NY 10014

www.openroadmedia.com

Open Road Integrated Media is a digital publisher and multimedia content company. Open Road creates connections between authors and their audiences by marketing its ebooks through a new proprietary online platform, which uses premium video content and social media.

Videos, Archival Documents, and New Releases

Sign up for the Open Road Media newsletter and get news delivered straight to your inbox.

Sign up now at www.openroadmedia.com/newsletters

FIND OUT MORE AT
WWW.OPENROADMEDIA.COM

FOLLOW US:

@openroadmedia and

Facebook.com/OpenRoadMedia